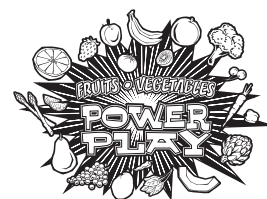


# Healthy FUNdraising Ideas



Tired of selling snack foods every year? Your child is learning to make healthy choices through the *Power Play! Campaign*. You and other parents can show your support. Check out these FUNdraising tips for your child's classroom or club this year:

- **As-THON-ishing results!** Raise money and get power play with active fundraisers. Bike-a-thons, Jump-a-thons, Walk-a-thons, Skate-a-thons, and Dance-a-thons are a few examples. Kids can ask for pledges for miles biked, distance walked, or time jumped or skated.
- **Hidden talents = fundraising treasures.** Can your child sing, dance, juggle, perform magic tricks, blow the world's biggest bubble, do gymnastics, make the family dog do tricks, or just plain make people laugh? Talent shows are a fun and healthy way to raise money.
- **Sport-o-rama.** Call your local bowling alley, miniature golf course, or tennis club and ask if they will help you organize a sports tournament.
- **Penny wars!** Each classroom collects coins and puts them in labeled jars, which are kept in the school office. Treat the class that collects the most coins to a healthy reward – like extra recess or a smoothie party!

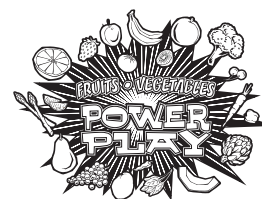
Other Fundraising Ideas:	
• Auction a service (lawn mowing, cleaning, etc.)	• Read-a-thons
• Car washes	• Recycling (cans, bottles, paper, ink cartridges)
• Carnivals, game nights	• Singing telegrams
• Craft sales	• Wrapping gifts during the holidays
• Dances (kids, family, Sadie Hawkins)	• Yard/garage sales

- **Healthy treats sell!** Are food sales a big part of your fundraising efforts? This year, sell healthier foods like fruit smoothies, frozen bananas, trail mix, fruit and nut baskets, or air-popped popcorn.
- **A winter wonderland of ideas.** For holiday fundraisers, sell bath accessories, books, calendars, candles, greeting cards, coupon books, gift wrap, holiday wreaths, ornaments, or batteries instead of food items.
- **Sell school spirit.** Use your child's school or club mascot or name to show pride and raise money. Put the school's logo on t-shirts, sweatshirts, bumper stickers, decals, Frisbees, caps, mugs, key chains, visors, calendars, license plate frames, and buttons or pins to help them sell even better. Other school spirit fundraisers include selling team ribbons, stadium pillows, megaphones, flags, and scarves. Or ... the coolest thing for sports fans: game-time shout-outs!

**Healthy  
fundraising =  
healthy rewards!**

Think about using fundraising to make your child's school a healthier place to learn. New playground equipment, supplies for a school garden, or a cafeteria salad bar are great places to start!

## Healthy FUNdraising Ideas



- **Gifts that give back.** Many stores offer programs where you can buy gift cards or certificates to use as fundraisers, which are sometimes known as “Scrip.” Check with your local grocery store or national chains to see if they have a program in place to help your child’s school raise money.

<b>Things You Can Sell:</b>	
• Balloon bouquets	• Jewelry
• Brick/stone/tile memorials	• Magazine subscriptions
• Emergency kits for cars	• Newspaper space/advertisements
• First aid kits	• Personalized stationary
• Flowers or bulbs	• Plants
• Fruit and vegetable baskets	• Raffle tickets (for donated prizes)
• Gift baskets	• Yearbook covers or ads



Funded by the U.S. Department of Agriculture Food Stamp Program.

For more information about the California Children’s 5 a Day — Power Play! Campaign, visit us at [www.ca5aday.com/powerplay](http://www.ca5aday.com/powerplay) or call 1-888-328-3483.